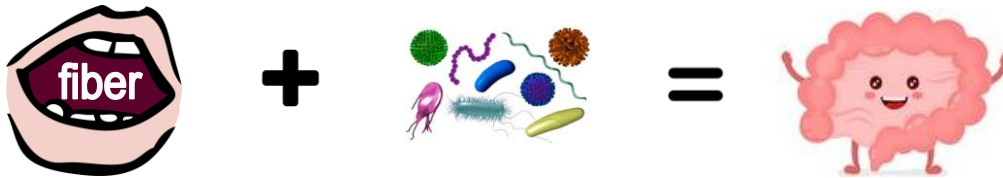




# FIBER facts

*Breaking it down (ha!)*

**Definition:** Fiber is a type of carbohydrate that is not broken down by the human digestive tract. Fiber-containing foods have combined amounts of soluble, insoluble and prebiotic fibers, but some foods have differing amounts of each.



	SOLUBLE FIBER	INSOLUBLE FIBER	PREBIOTIC FIBER
DEFINITION	Absorbs fluids in the intestines which slows the speed in which it passes through the intestines.	Is a “bulking” fiber type that adds weight, volume and softness to stools.	Supports the health of friendly bacteria by “feeding” them. Found mostly in soluble fiber and resistant starches.
HEALTH BENEFITS	Lowers cholesterol, slows absorption of sugar into bloodstream and causes fullness. Will help slow loose stools.	It has a laxative effect since it increases bowel transit time. Avoid when experiencing diarrhea or make sure they are well-cooked before eating them.	Food for the friendly bacteria which produce short chain fatty acids that support proper colon cell regeneration.
FOOD TYPES HIGH IN THESE FIBERS	Beans, oatmeal, brown rice, popcorn, Brussels sprouts, carrots, sweet potatoes, oranges, apricots, blackberries, apples with skin, flaxseeds, psyllium, artichoke, soybeans.	Berries, figs, pears, all beans, nuts and seeds, kale, collard greens, green beans, celery, leeks, broccoli, cauliflower.	Chicory, onions, asparagus, Jerusalem artichokes, leeks, raw dandelion greens, raw garlic, raw jicama.

## How much fiber to eat daily:

- 25-30 g is a widely accepted amount to consume to ensure good colon health. More than this, however, is likely better for us based on world-wide research done on populations with healthy colons.
- Increase your daily fiber content slowly to avoid constipation, compaction or bowel obstructions.
- Vary the sources you get your fiber from to ensure you receive the benefits of all types of fibers.
- Drink ½ your body weight in ounces of water to avoid constipation. Increase your water intake as you increase your fiber intake to make bowel movements easy.

Foods *low carb sources in red	Portion	Amount of Fiber
Oat bran, raw	1 ounce	12 g
Rice bran, raw	1 ounce	6 g
Black beans, cooked	1 cup	15 g
Garbanzo beans, cooked	1 cup	12 g
Lentils, cooked	1 cup	16 g
Kidney beans, cooked	1 cup	16 g
Navy beans, cooked	1 cup	19 g
White beans, small, cooked	1 cup	19 g
Raspberries, raw	1 cup	8 g
Blueberries, raw	1 cup	4 g
Strawberries, raw	1 cup	3 g
Amaranth, grain	1/4 cup	6 g
Barley, pearled, cooked	1 cup	6 g
Popcorn, air popped	3 cups	4 g
Oats (old fashioned), dry	1/2 cup	4 g
Quinoa, cooked	1 cup	5 g
Brown rice, cooked	1 cup	4 g
Peas, split, cooked	1 cup	16 g
Collard greens, cooked	1 cup	5 g
Spinach, cooked	1 cup	4 g
Swiss chard, cooked	1 cup	4 g
Almonds	1 ounce	4 g
Pistachio nuts	1 ounce	3 g
Cashews	1 ounce	1 g
Peanuts	1 ounce	2 g
Walnuts	1 ounce	2 g
Sunflower seeds	1/4 cup	3 g
Pumpkin seeds	1/2 cup	3 g
Flaxseed	1 ounce	8 g
Acorn squash, cooked	1 cup	9 g
Kale, cooked	1 cup	3 g
Cauliflower, cooked	1 cup	5 g
Savoy cabbage, cooked	1 cup	4 g
Broccoli, cooked	1 cup	5 g
Brussels sprouts, cooked	1 cup	6 g
Sweet potato, flesh and skin	1 medium	4 g
Banana	1 medium	3 g
Pear	1 medium	6 g
Orange	1 medium	4 g
Apple	1 medium	4 g
Prunes,	dried 1/2 cup	6 g
Figs, dried	1/2 cup	8 g

1. Bland, J PhD, Costarella, L, ND, Levin, B, PhD RD, et. al. Clinical Nutrition; A Functional Approach. 2<sup>nd</sup> ed. Fedral Way, WA. IFM. 2006.
2. Palmer, S RD. The Top Fiber-Rich Foods List, July 2008 Issue. *Today's Dietitian*; Vol. 10 No. 7 P. 28.
3. <https://www.northottawawellnessfoundation.org/clean-food-nutrition/>